Women Fitness

May 2023

POSTURE on WHEELS

“ *Yoga is not just a practice but A way of life* ”

Yogini Devi Mohan

……

SECOND HEART?

SLEEP DURING PREGNANCY

Tips To PREVENT Arthritis: Do's & Don'ts

IV Therapy For Healthy Glowing Skin

Popular Confident And Ready For A Comeback

Savannah Madison

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The longer you sit without activating your second heart, the more you are at risk for cardiovascular disease and diabetes, regardless of how much exercise you do. The role of the soleus muscles, or your calves, is so critical in returning blood to the heart that they are referred to as the "secondary hearts" of the body.

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Overall, IV therapy can be an effective way to improve skin health, but it's important to consult with a qualified medical professional to determine if this treatment is right for you and to ensure that it is administered safely and effectively.

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EDITOR'S NOTE

"I've conquered a lot of things. Blood clots in my lungs - twice. Knee and foot surgeries. Winning grand slams being down match point, to name just a few, but I found out by far the hardest is figuring out a stroller!"

– Serena Williams –

The month of May arrives to bridge the gap between spring and summer. It is the time of year for graduation parties and college kids returning home for summer jobs.

This month the cover is dedicated to Savannah Madison, glamour model and five times Playboy playmate. Over the last six years, Savannah has worked as a photo fashion, glamour and swimsuit model with National and International Photographers.

"Our brain does not discriminate between a challenging asana, running away from a barking dog, or the pressure of passing an exam or finishing an impossible report within a tight deadline." according to Yogini Devi Mohan, Global Ambassador – Mohanji Foundation featured in this issue. Catch her as she talks about her journey and how yoga can change your sheer existence.

In fitness

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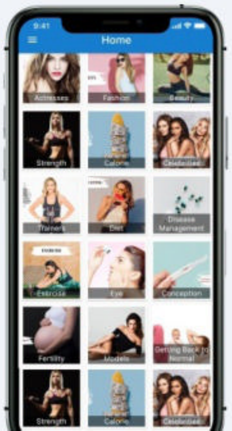


COVER STORY

Popular, Confident, and Ready for a Comeback

SAVANNAH MADISON

Savannah Madison was born in Dayton, OH, and raised in a small town north of Cincinnati. She attended college in Dayton and graduated with a degree in Occupational therapy. Over the last six years, Savannah has worked as a photo fashion, glamour and swimsuit model working with National and International Photographers.

She has graced the covers of 34 magazines including Playboy, 3x FHM, LFM, Maxim NZ Cover girl, and 5x Playboy Playmate for Australia, South Africa, France and New Zealand. Published six times in Playboy.

She has a passion for creative photography and expressing herself in front of the camera. She prefers to shoot fashion, swimwear, and lingerie and creatively with body paint and dress up. A love for history, art, and animals fuels the fire for hunger for traveling the world to great exotic locations for shoots and soaking up the culture!

The beautiful Savannah Madison photos exclusively for Women Fitness International Magazine have been shot at Seascape Villa the amazing property on Saint Croix, USVI. The Award-winning Seascape Villa was designed by world-renowned architect Hugh Newell Jacobson. Seascape Villa won a prestigious US architecture award in 1972 and has been featured in the architect's book for unique designs.

In addition to its stunning architecture, Seascape Villa overlooks the magnificent Caribbean Sea. With its secluded beaches, it's the perfect exotic location both for spectacular photo shoots and idyllic private vacations, relaxing with family and friends. Seascape Villa sleeps 16 and is very private, with plenty of room for family and friends or professional photography crews. The Villa is centrally located on the island near the airport, not far from the many spectacular beaches and great local restaurants.

No passports are required for US citizens and now with easy access provided by several direct flights from Miami, Atlanta, Charlotte, and Fort Lauderdale, St Croix is fast becoming the hottest fashionable destination in the Caribbean.

Women Fitness President Ms. Namita Nayyar catches up with Savannah Madison, leading glamour model and five times Playboy playmate to talk about the secret to success, diet, exercise routine and her supermodel experience.

You were born in Dayton, OH, and raised in a small town north of Cincinnati. You graduated with a degree in Occupational therapy. Later you decided to pursue modeling. This later propelled your career to the height where you have been at the top of the world of modeling and has been five times Playboy Playmate for Australia, South Africa, and New Zealand. Tell us more about your professional journey of exceptional hard work, tenacity, and endurance.

I've found that a positive attitude, humility, perseverance and staying focused will get you very far in this career and in life in general.

It is a dream for a model to be Playboy Playmate. Tell us more about this spectacular achievement and your experience of modeling for Playboy.

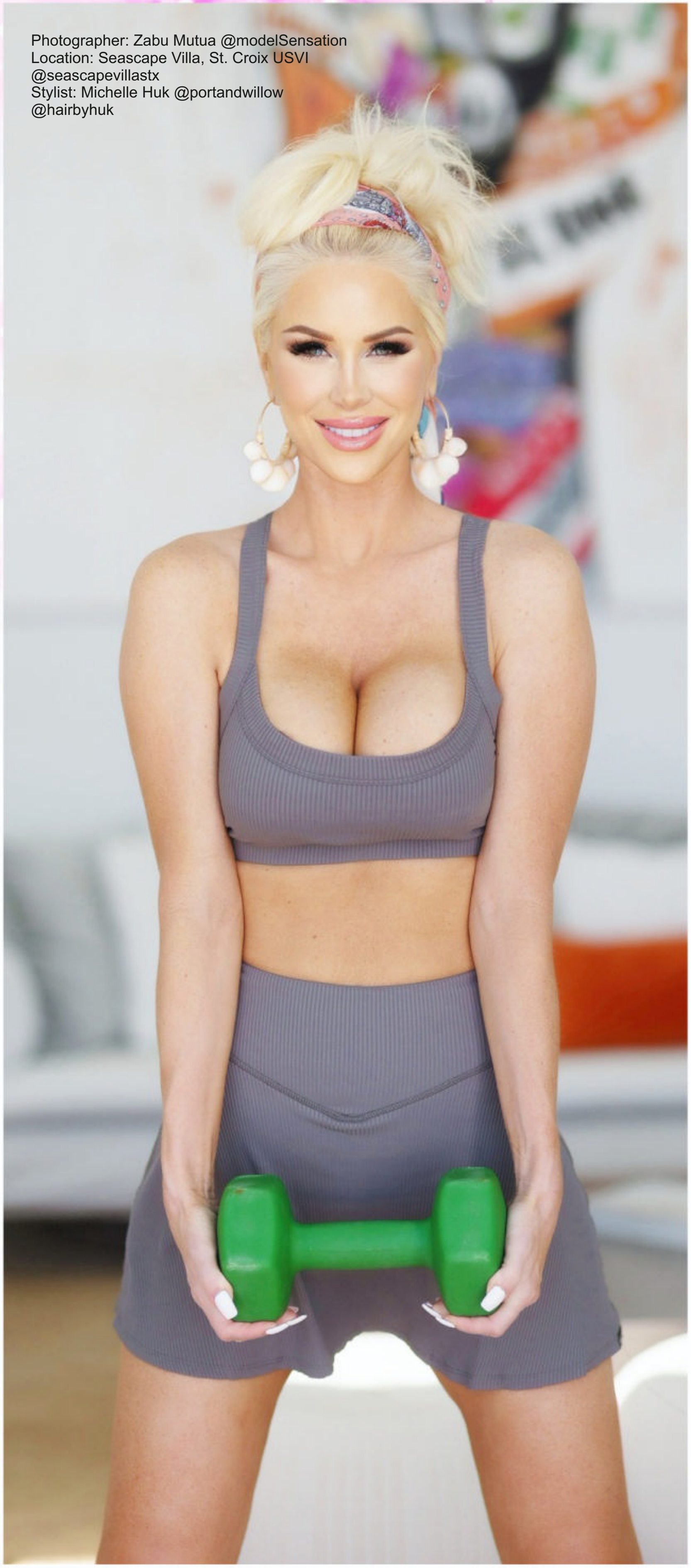
My experience with Playboy has been absolutely marvelous, traveling to exotic locations; meeting new people and making dreams come true. In my travels around the world as a model I've had unimaginable experiences.

You are the world-leading social media personality, glamour & fashion model, and brand ambassador. How do you manage such a remarkable multi-dimensional lifestyle?

I am the ultimate multitasker, which helps a lot! I truly love what I do and that makes it very easy and fun. Being able to showcase, glamour, fashion and travel etc….is truly my dream come true!

What exercises comprise your fitness regime or workout routine you may wish to share?

Weight training is my go to exercise routine, toning is my goal. I don't do a lot of cardio because I don't need to lose weight. I maintain my weight through a strict diet.



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> *The most important thing is confidence. Confidence is not worrying about what other people think or say. You have to believe in yourself and what makes you happy.*

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How do you train your abs? One secret to your toned body.

My go to Ab exercise are Russian twists, with 20 to 30 pound weights.

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Do you take a special diet or have a strict menu that you follow to remain healthy and physically fit?

Yes, but I don't call it a diet. I call it my food lifestyle. I eat strictly low carb, low sugar and low fat foods. I do not eat red meat and don't drink alcohol.

Five foods you absolutely love and five you keep to a minimum.

Well, there are a lot of foods I love that I don't eat, breads, pizza, candy, pastries and biscuits and gravy. I do love healthy foods too, kale salad, dates, guacamole, salmon and chicken.

You have glowing skin and gorgeous hair. Share with us your hair care and skincare routine.

NO SUN on your face! Whenever I am in the sun, I wear 100 proof sunscreen or a hat at all times. Three of the fastest things that will age you

1. *Sun*
2. *Smoking*
3. *Alcohol.*

I stopped tanning my face at age 19 and have never smoked and don't drink alcohol.

Five travel destinations on your wish list?

Europe: I would love to go back to Europe and visit places I haven't been. I love history so traveling to some old historic cities, castles, villages and countryside would be fantastic.

During the Covid pandemic what was your fitness routine? Tell us more about such a routine to remain fit in challenging times.

Oh, it really didn't affect my routine at all. I continued my same routine, diet and exercise. I exercised in my gym at home and continued my lifestyle eating routine.

You have done bold photo-shoots for a number of fashion brands, and magazines like Playboy, FHM, and Maxim, and on your Instagram handle @savannmadison. How you are so body confident and advice to your compatriots?

The most important thing is confidence. Confidence is not worrying about what other people think or say. You have to believe in yourself and what makes you happy.

Your idea of a perfect date?

Either, wearing a cute outfit with my favorite high heels to a quiet restaurant for some meaningful conversation and good food or staying at home and binge watching a drama or action TV series… *"Netflix and chill"*.

What do you wish to say about Women Fitness International Magazine and a message for its readers?

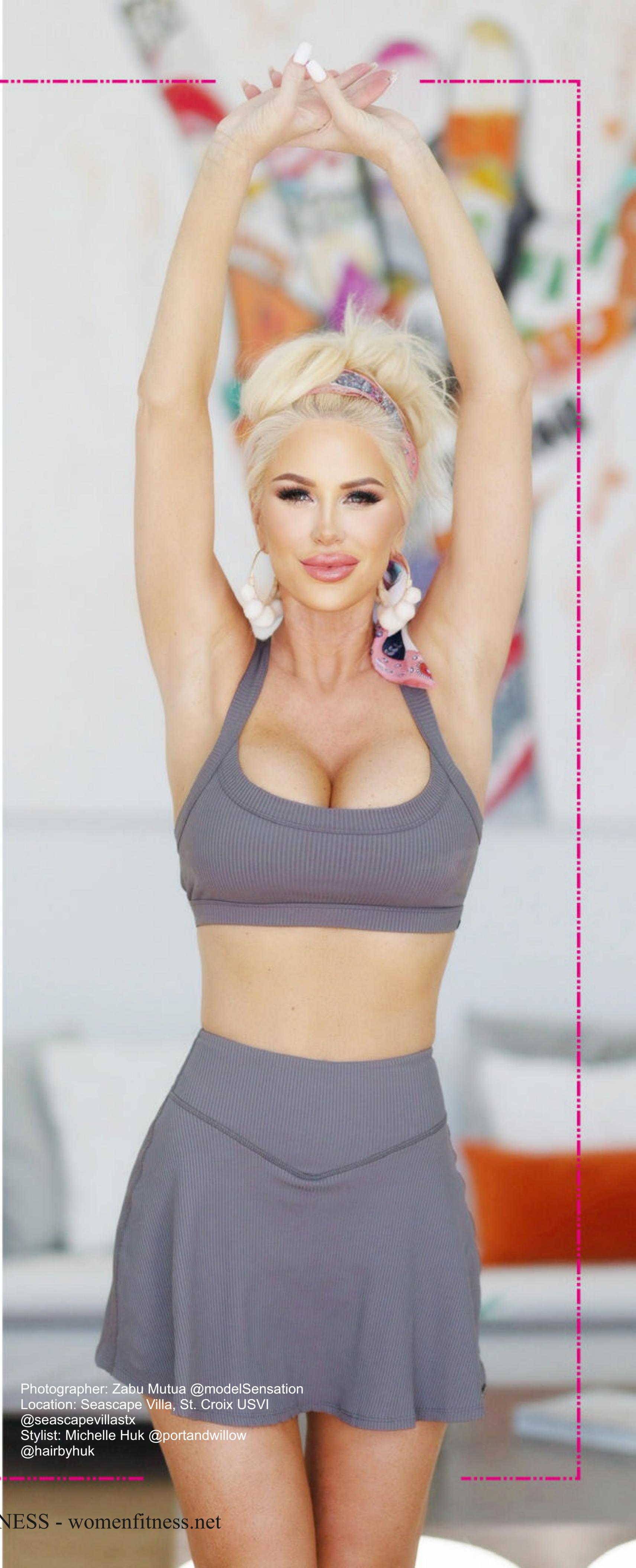
I'm honored to be on the cover Women Fitness International Magazine this month. The magazines focus on fitness, motivation, mental and physical health and promoting a productive happy lifestyle. It is an inspiration to women all over the world.

Advice and motivational words to the inspiring and budding social media model girls, who all are your fans and shall like to know from you about their climb to the ladder of success in the field of modeling?

Meet as many people as you can. Travel and collaborate with models and photographers as much as possible when you're first starting out.

You have an impressive Instagram following of 1.2 million followers. A message for your ardent admirers.

I'm blessed for all the support and amazing followers I've had through the years. I truly appreciate their support.



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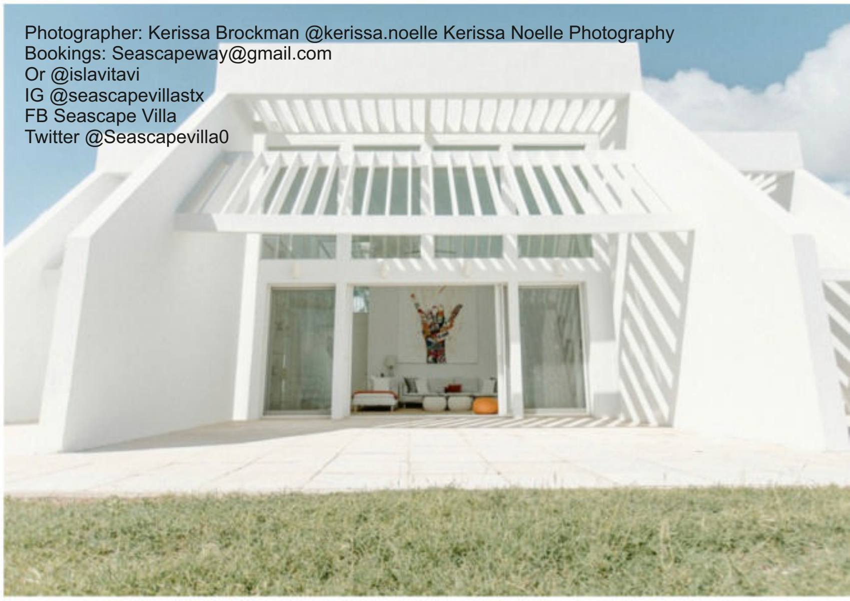

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Savannah Madison is a Queen of Glamour, Sensuousness, and Seductiveness. Tell us your perspective as all your women followers shall like to know how to have this persona inculcated in their personality.

The most important thing is to be positive, kind, humble and confident. Never think you're better than anybody else.

Being a fashion and glamour Icon on Instagram with an enviable 1.2 million followers. What tips do you wish to give to your compatriot fashion and glamour model to increase their followers?

Collaborating with other models and using the best professional photographers.

You had the opportunity to have your exclusive photo shoot for Women Fitness International Magazine at Award-winning Seascape Villa on Saint Croix Island in the Caribbean Sea, United States Virgin Islands (USVI). Tell us more about this amazing destination for travel enthusiasts and photographers to explore.

Being able to shoot for a couple of days at this award-winning architectural designed Villa was spectacular!! Around every corner was an ideal location to shoot bathing suits, Glamour or exercise outfits. And every picture it truly takes you to an exotic location in paradise.

Plenty of rooms for the models, stylists' wardrobe, Photographer's equipment and crew! The Caribbean ocean views are spectacular and the modern luxury pool was unbelievable! I highly recommend this Seascape villa for vacations or exotic photo shoots!

Photographer: Zabu Mutua @modelSensation
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Why

Calf Muscles Called The "Second Heart"

Tightening and relaxing the calf muscles can prevent the pooling of the blood. The role of soleus muscles or your calves is critical in returning blood to the heart that they are referred to as the "secondary hearts" of the body.

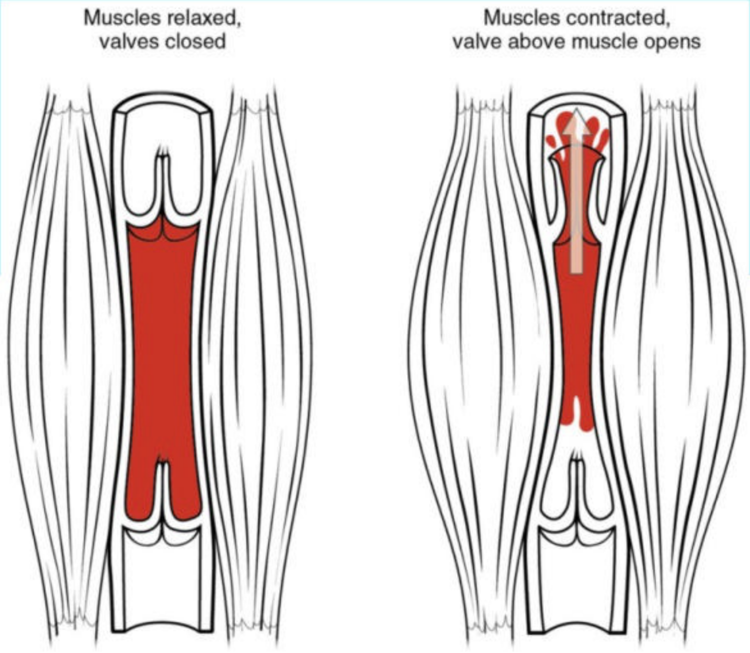
What Does Your Calf Muscle Do?

Your calf muscle, which is located at the back of your lower leg, pumps blood out of your leg and back to your heart, eliminating toxins through the lungs, kidneys, and liver along the way.

The heart, which is the main part of your circulatory system, delivers blood to every part of your body. This oxygen-rich blood flow contains oxygen and other nutrients that are essential to your brain and other vital organs.

Once the blood has reached every part of the body, the veins have to carry the oxygen-depleted blood back to the heart, and through the lungs where it will receive a supply of oxygen. Since the blood now is flowing against gravity, sending it towards the heart will take more than a single pump from the heart. For this reason, the body uses the calf muscles to pump blood from your lower legs back to the heart.

The best way to improve circulation is to get moving. Every time the calf muscles contract, it helps blood to flow against gravity. If you don't move for long periods, blood and toxins will collect in your lower legs and cause swelling.


Muscles relaxed, valves closed
Muscles contracted, valve above muscle opens

It is not how much exercise you do, it is how long you sit. The longer you sit without activating your second heart the more are you at risk for cardiovascular disease and diabetes independent of how much exercise you do.

Fitness Tip

Having a plan of action before you step foot in the gym can help you avoid wandering aimlessly around while you decide what to do next. This indecisiveness not only adds time to your workout, but it also makes it less efficient, since you're letting your heart rate drop.

It's a good idea to have a plan B, just in case the machine or floor space you were planning on using is taken. Move on to other parts of your workout and come back, or be armed with a backup exercise in mind that utilizes different equipment.

POSTURE ON THE WHEELS

An achy back, stiff neck, sore shoulders while travelling is very common. A poor driving posture can lead to an increased risk of discomfort in the neck, back, shoulders, arms, wrists, fingers, legs and feet.

You can alleviate many posture-related discomforts with proper adjustment of the driver's seat and mirrors.

HERE ARE A FEW SUGGESTIONS

#1 *Support Your Back*

Slide your tailbone as close to the seat back as possible. Aim for a two- to three-finger gap between the back of your knees and the front of your seat. If your vehicle doesn't allow for the proper position, a lumbar or back cushion may help.

#2 *Raise Your Hips*

If you can, adjust your "seat pan" (the part you sit on) so that your thighs are supported along their entire length and your knees are slightly lower than your hips. This will increase circulation to your back while opening your hips.

#3 *Avoid Sitting Too Close*

You should be able to comfortably reach the pedals and press them through their full range with your entire foot.

#4 *Get the Right Height*

Make sure your seat raises your eye level at least three inches above the steering wheel while allowing enough clearance between your head and the roof.

#5 *Seat Angle*

The angle of your seat back should be a little greater than a perpendicular 90 degrees. At 100 to 110 degrees, the seat will put the least pressure on your back. Leaning too far back forces you to push your head and neck forward, which can cause neck and shoulder pain and tingling in the fingers.

#6 *Set Your Headrest*

Set the top of the headrest between the top of your ears and the top of your head; it should just touch the back of your head when you're sitting comfortably. The headrest is important in reducing whiplash injuries in the event of a collision.

#7 *Use Lumbar Support*

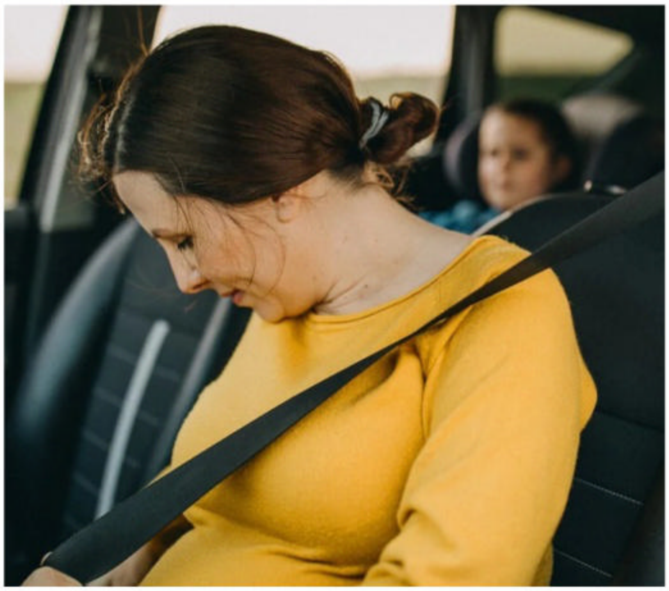
If your car has adjustable lumbar support, set it (using both the front-back and up-down controls) so you feel an even pressure from your hips to your shoulders. If your car doesn't have automatic support, a lumbar pillow or even a rolled-up towel can help.

#8 *Adjust Your Mirrors*

Prevent neck strain by making sure your rear-view and side mirrors are properly adjusted; you should be able to see the traffic behind you without having to crane your neck.

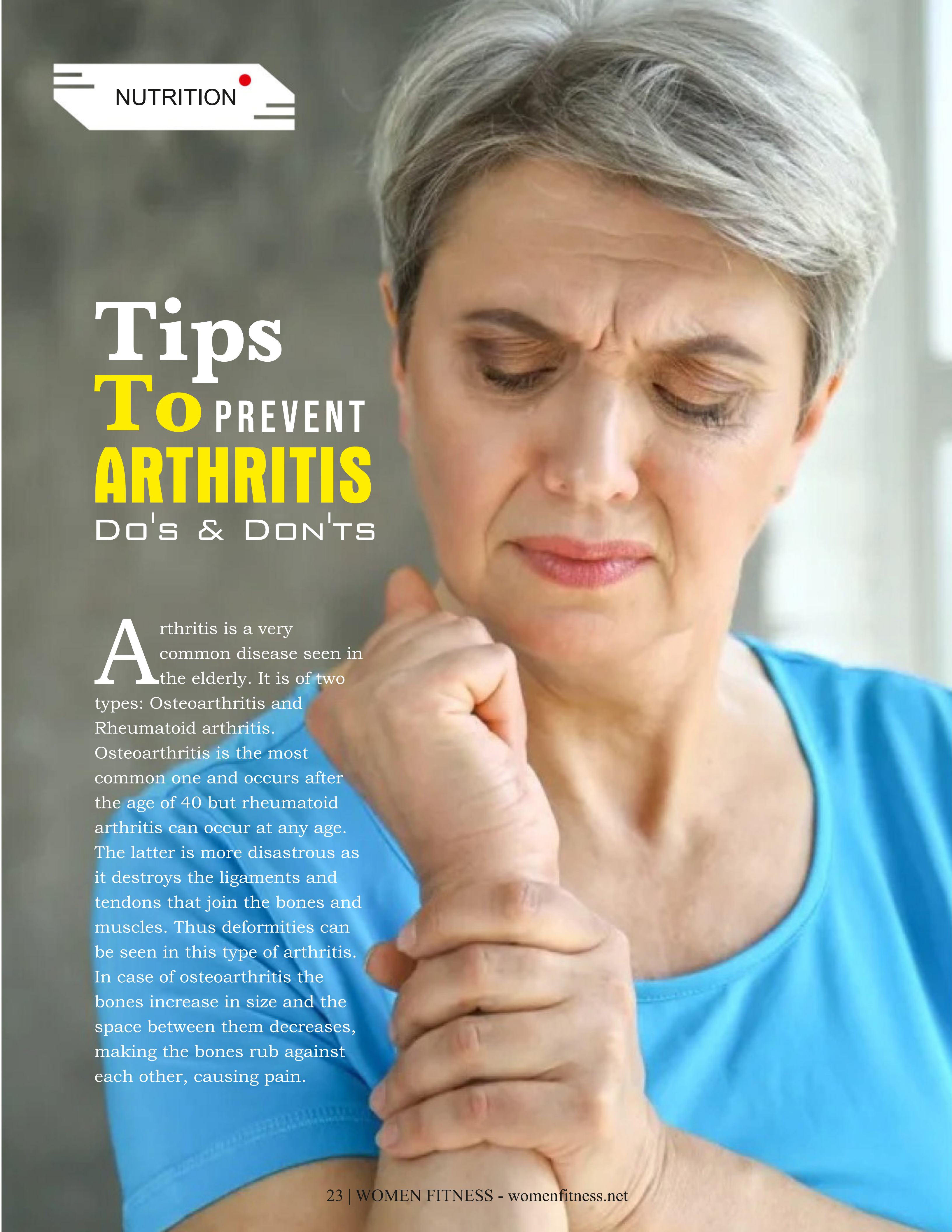
#9 *Take Short Breaks*

Even when you're perfectly sitting in the driver's seat, fatigue is bound to set in, especially when you're driving for long periods. Listen to your body. And take periodic breaks: Park safely and stretch.



Nutrition Tip

Buckwheat, as found in buckwheat pancakes and soba noodles, is a fruit seed that's often used as a substitute for grains. It digests slowly, which in turn helps increase endurance and fat-burning. Buckwheat also contains a flavonoid called chiroinositol, which mimics insulin. A cup of cooked soba noodles before workouts can help get more pre-workout creatine into your muscle cells without blunting fat loss, which can occur from high insulin spikes.



Tips To PREVENT ARTHRITIS

Do's & Don'ts

Arthritis is a very common disease seen in the elderly. It is of two types: Osteoarthritis and Rheumatoid arthritis. Osteoarthritis is the most common one and occurs after the age of 40 but rheumatoid arthritis can occur at any age. The latter is more disastrous as it destroys the ligaments and tendons that join the bones and muscles. Thus deformities can be seen in this type of arthritis. In case of osteoarthritis the bones increase in size and the space between them decreases, making the bones rub against each other, causing pain.

Tips To Prevent Arthritis:

1. Those who **massage daily with oil** do not suffer from joint pains. Their body develops the capacity to tolerate fatigue. Oil massage should be done at least four times a month.
2. With **foot massage eyesight** improves and dryness, swelling and roughness of the feet are relieved. The feet become strong and soft. Diseases like sciatica and others related to nerve pain do not occur.
3. The first step to prevent arthritis is to **relieve constipation**. According to Ayurveda, arthritic pain is due to aggravation of vata dosha (air in the body). Constipation stops the proper passage of air from the body, aggravating pain. Rheumatoid arthritis is an autoimmune disease, due to aggravation of vata and kapha according to Ayurveda. Garlic and ginger (1-2grams) taken regularly relieve vata and kapha.
4. **Improve your digestion** and metabolism as arthritis is basically caused due to improper digestion and disturbed metabolism of the body.
5. **Avoid fried food** as this is difficult to digest and leads to digestive ailments that aggravate arthritis.
6. **Sour fruits** should be avoided.
7. Except "Mung Dal" **all pulses** aggravate vata and arthritis
8. **Rice should be avoided** especially during the night. Cooked rice kept for 3-4 hours should not be taken. It aggravates vata.
9. **Avoid heavy meals,** meat and fish because of low digestive power of the intestines.

10. Arthritics should not sit **idle nor over-exert** themselves. Immobility may lead to stiffness of joints and over-exertion may lead to damage of ligaments. If the joints are inflamed rest should be given to the affected joint. Movement of the painful joint should be done at least twice daily to prevent stiffness.

11. In the morning, before getting up and even without brushing your teeth, drink at least one **litre of water** at a stretch. Do not eat anything one hour after this. Then wash your face and brush your teeth. Those who cannot drink so much water should drink two glasses, there is excessive urination or sometimes loose motions. But after a few days everything is normal.

People suffering from arthritis and vata diseases should do this treatment thrice a day.

Precautions to be Taken While Doing the Treatment to Keep in Mind

- *Do not take chilled items, fried, spicy, extra sweets but fruits and green vegetables only.*
- *Do not take tea, coffee, chocolate, ice-creams etc.*
- *Avoid alcohol and try not to smoke.*
- *Four glasses of water should be taken in the morning and then whenever thirsty during the day.*
- *Do not eat anything just before sleeping, particularly apples.*
- *Water should be purified.*

12. Take four peeled pieces of Garlic , and two grams of Sprague. Powder both and dip in 30 grams of mustard oil and heat slowly. When the colour changes, stop heating and let it cool. Now sieve the oil with a cloth. Daily massage with this warm oil for relief from all types of pains.

13. Those suffering especially from rheumatoid arthritis should boil Indian gooseberry and gur (molasses) in water or make tablets of powder of Indian gooseberry and gur. One tablet should be taken twice daily.

14. Take 10 grams of Camphor and 200 grams of mustard oil. Mix in a glass bottle and close with a tight cork. Now keep the bottle in the sun. Pick it up when camphor gets dissolved in the oil. Massage with this oil for relief from any type of pain.

15. Soak Spiegel seeds in water, form a poultice and apply on the inflamed joints for relief from pain.

16. Bananas are considered good as they make the joints greasier and give them strength.

17. Carrot juice increases physical and mental powers of the ligaments. It strengthens heart, brain, liver, gall-bladder and bones and is a tonic for all persons. It is used as an alternative for cod liver oil. Carrot contains iron, sulphur, carotene, vitamin A and phosphoric acid. By drinking carrot juice daily for 3-4 months a person can work for hours together.

18. For rheumatoid arthritis, fenugreek (methi) seeds or fresh leaves taken along with gur is very useful, especially in winters. It is very important for the muscles to rest while in pains.

19. Moderate activity for just half an hour a day will help greatly in preventing stiffness, aches and pains. Using your joints regularly but carefully is the key to keeping them in good condition.

20. Try to sit squarely on your chair, with both feet flat on the ground. Try to avoid crossing your legs if possible as this pulls your spine out of alignment and also hinders your blood circulation

While there is no cure for arthritis, there are many things you can do to help alleviate your symptoms and improve quality of life. These can help with other pain conditions too.

Practicing regular low impact exercise, such as water aerobics or stationary cycling, eating a healthy diet, maintaining an appropriate weight, getting enough quality sleep, properly taking prescribed medications, and making an effort to reduce the stress to your joints during everyday tasks can help keep arthritis pain at bay.

Pregnancy Tip

Poor nutrition in pregnant women may lead to the delivery of low-birth-weight babies. Improving the nutritional status and maternal weight can have a great positive effect on the birth outcome. For a mother-to-be, a weight gain of around 11 to 16 kg is considered good during pregnancy. You should consume an additional amount of nutritious food to achieve weight gain. A nutritious, well-balanced diet includes, foods rich in protein, dairy foods (which supply calcium), starchy foods, and plenty of fruit and vegetables that supply vitamins and fiber.

Sleep *During Pregnancy*

During pregnancy, inadequate sleep is a common complain made by women, mostly, due to the result of anxiety and stress, hormonal fluctuations, and physical discomfort. As your pregnancy progresses, you may find it more difficult to find a comfortable position, or you may have to get up several times during the night to empty your increasingly cramped bladder.

Causes of Inadequate sleep

- Frequent trips to the bathroom- In early pregnancy and late pregnancy when the bladder is compressed by the baby. Especially during your first trimester, when the sleep-inducing hormone progesterone starts surging through your body, and pressure on your bladder from your growing uterus sends you scurrying to the bathroom countless times every night.
- Heartburn- Usually occurs in the second trimester and is another cause for sleep disturbance. The uterus pushes up against your organs causing pressure on the stomach. At times, stomach acid will back-flow into the esophagus causing heartburn.
- Fetal Movement- Once the baby starts to kick and move about (usually around the 5th or 6th month) you may be awakened by a particularly feisty fetus.
- Physical Discomfort- The bigger you get, the more difficult the task of finding a comfortable sleeping position. Your breasts may be sore in early pregnancy too.
- Emotional Worry- Many women feel such anxiety about their child that they lay awake in the wee hours of the morning thinking of all the things that could possibly happen. This is no time to focus on the bad, but the perfect opportunity to practice breathing and relaxation techniques you will need for birth.
- Shortness of Breath- Shortness of breath may occur late in pregnancy before the baby has dropped into the pelvis. The uterus and baby are pushing upward into the rib cage making breathing in sitting and lying positions difficult. Again, try lying on your side or propping up your shoulders with pillows.

Tips for a Better Sleep

Check out these tips to get a better and more comfortable night sleep, and the critical rest your body and mind need during this time.

- Drink plenty of fluids during the day, but cut down before bedtime to minimize frequent nighttime urination.
- Try lying in a semi upright position. Check with your doctor before taking antacids.
- To prevent heartburn, don't recline until 1-2 hours after a meal. If heartburn is a problem, sleep with your head elevated on pillows. Also, avoid spicy, acidic (such as tomato products), or fried foods as they may worsen symptoms. Try consuming a glass of milk or a change your sleeping position.
- Try positioning pillows behind your back and between your knees while lying on your side. Also available in some stores are the body pillow and the pregnancy wedge pillow.
- Exercise regularly for optimum health, and to improve circulation. Avoid exercising late in the day-exercise releases adrenaline into your body which can keep you awake at night.
- Stress and anxiety are key culprits in preventing a good night's sleep. Remember that worrying won't help you, but talking about your problems will. Find a friend or a professional who can listen and help you if there are issues in your life that are causing you to worry or feel upset.
- If you're not getting enough rest at night, take a nap to help reduce fatigue. Find a quiet spot, and relax even if only for a half-hour nap.
- Support your body. Use a special pregnancy body pillow or a regular pillow to support your body. For comfort, try sleeping on your side with one pillow under your knee and another under your belly.

- Completely eliminate caffeine and alcohol to prevent insomnia. If nausea is a problem for you, try eating frequent bland snacks (like crackers) throughout the day. Keeping your stomach slightly full helps keep nausea at bay. Eat a well-balanced diet. Not only is this crucial for you and your baby's health, but getting the necessary nutrients will help keep you feeling satisfied and less prone to major nighttime "snack attacks" that may contribute to restlessness and insomnia when you go to sleep.

See your doctor for advice if insomnia persists. Now more than ever it's important to get the rest you need!

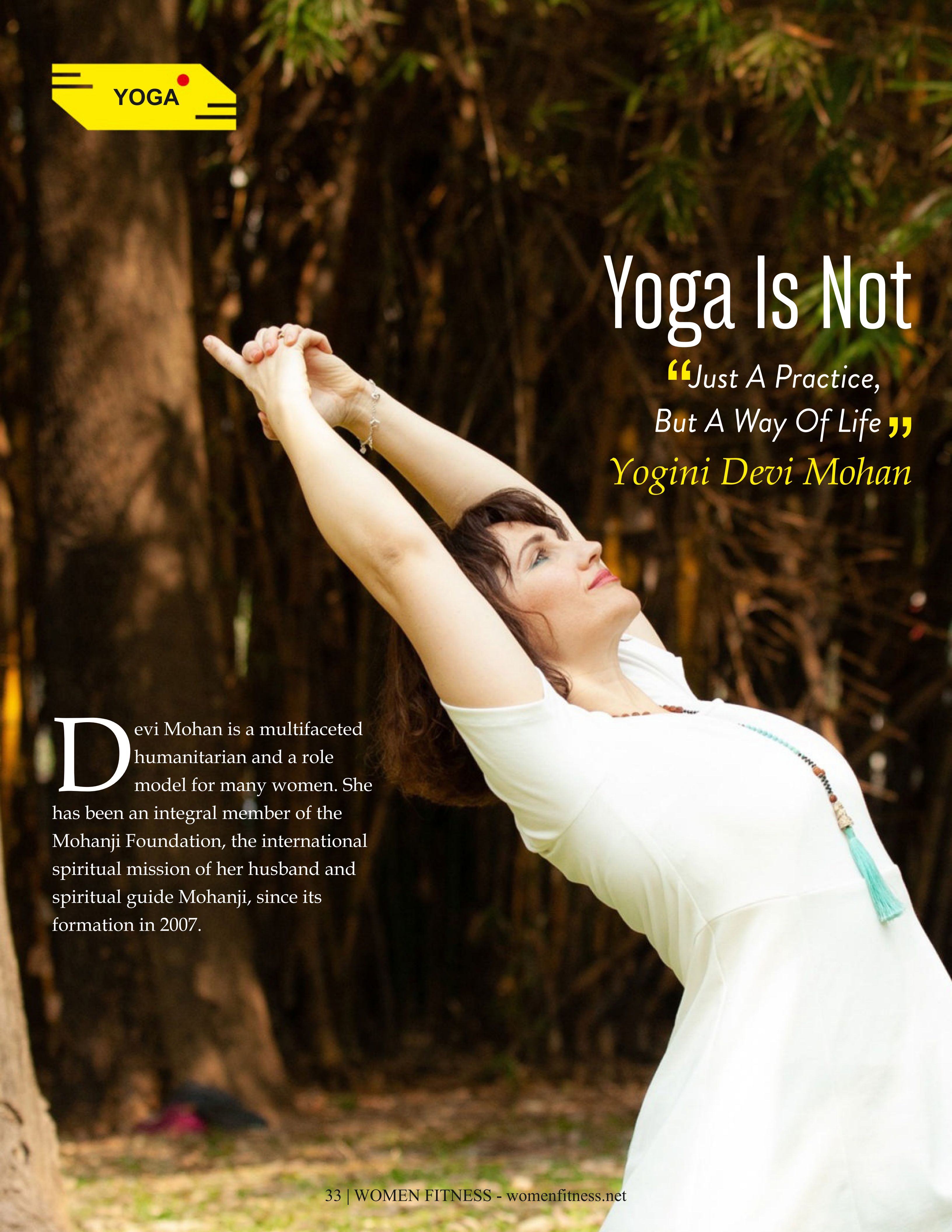
Best Sleeping Position During Pregnancy

Lying on your left side is actually good for you and your baby: It improves the flow of blood and nutrients to the placenta and it helps your kidneys efficiently eliminate waste products and fluids from your body. That, in turn, reduces swelling in your ankles, feet, and hands. If you train yourself to sleep on your left side early on, you'll have an easier time falling asleep when your belly is bulging later.

During the second half of pregnancy, avoid sleeping on your back, a position that puts the full weight of your uterus on your spine, back muscles, intestines, and the inferior vena cava. Back-sleeping can also put you at risk for backaches and hemorrhoids, inefficient digestion, and impaired breathing and circulation. Lying on your back in the second and third trimester can also cause changes in blood pressure. For some women, it can cause a drop in blood pressure that can make them feel dizzy; for others, it can cause an unwanted increase in blood pressure.

Yoga Tip

Yoga is not about extreme flexibility or contorting your muscles and spine into fancy shapes. It's about breathing, finding inner strength through meditation, and creating freedom in the body with basic yoga poses. It's truly that simple. So don’t worry about losing weight or bending over backward (those will come soon enough). Instead, understand that yoga is a process and a lifestyle.



Yoga Is Not

“Just A Practice,
But A Way Of Life”

Yogini Devi Mohan

Devi Mohan is a multifaceted humanitarian and a role model for many women. She has been an integral member of the Mohanji Foundation, the international spiritual mission of her husband and spiritual guide Mohanji, since its formation in 2007.

She represents the Foundation as its Global Ambassador at various international events, initiatives, and forums: from interfaith dialogue and world peace-related forums such as the Parliament of World's Religions, Living Peace Projects, and Unity Earth, to non-violence and women empowerment-related events and initiatives such as Vegan India Conference, Women Emerging and Festival of Womanhood. Through her inspirational talks, she aims to touch people's hearts and serve the cause of peace and women's empowerment through the active expression of love and expansion of consciousness.

You are an international Yoga instructor and promote the traditional form of Yoga taught by the ancient sages and Masters and codified by Maharishi Patanjali. Please share your journey to becoming an internationally recognized yoga trainer.

My journey of being an instrument of the ancient science of yoga definitely extends beyond this lifetime (as was confirmed to me during a Past Life Regression done in Delhi in 2008 as well as a Nadi (palm leaf scrolls) reading done in Tamil Nadu in 2015). This is the only reasonable explanation as to why the depth and intensity of my connection with yoga took place within me the moment I started my yoga practice in a dedicated way.

After completing my Master's Degree in Peace Studies in the USA, due to several profound and life-changing spiritual experiences, I did not pursue my worldly career in diplomacy but instead came to Dubai in 2005 to be closer to Mother India.

My strategy was to get any job that would enable me to sustain myself while I study yoga and travel to India as much as possible. I completed my Yoga Teacher Training in two different ashrams in India in 2007 and 2008, as well as one in Europe in 2015, with Yoga Alliance certification. I chose these different yoga training in order to get to understand yoga from both angles, that of East and West.

Only when I met Mohanji and our own Himalayan School of Traditional Yoga (HSTY) got formed in 2016, did I commit myself to the spread of yogic teachings and wisdom, primarily by serving through my own example. I represented HSTY at various events such as Sedona Yoga Festival (in Arizona, USA) in 2017, during various retreats with Mohanji across the globe, etc.

During my own yoga journey, I noticed that true yogis, that is, the people who have mastered the mind not only the asanas, are usually simple, humble, and express themselves with clarity, without much elaboration. The famous Yoga Sutras of Patanjali are comprised of a series of aphorisms. They are so deep and layered, written from such a high level of consciousness that each one of those aphorisms could be developed into a doctoral dissertation. Yet, the point is not in the discussion and endless analysis, but in living those teachings.

To me, yoga is entirely simple. First of all, yoga teaches us to be natural. People who fail to live their truth and abandon their authentic expression simply because they are burdened by what other people may think of them, cannot be natural. Those who live in the lower frequency of violence, be it violence at the level of thought, word, action, or intentions, cannot be natural, because unconditional love indeed is our true nature. Pure love and higher consciousness exclude any form of violence, malice, revenge, jealousy, etc. Patanjali's yamas and niyamas clearly reflect that.

HIMALAYAN SCHOOL OF TRADITIONAL YOGA
YOGA TEACHER TRAINING COURSE
LEVEL 1
18 - 29 January, 2018
India
Himalayan School of Traditional Yoga

In the Himalayan School of Traditional Yoga, which spontaneously blossomed within Mohanji's spiritual platform in 2016 thanks to an amazing man and gold medalist in yoga – Sanjay Sir, we talk exactly about naturalness, simplicity, return to nature, and return to oneself. This is of crucial importance, especially nowadays. Yoga has taught me that in order to work on ourselves we need nothing more than the readiness to witness our own breath, emotions, and thoughts, to always await the inner confirmation before making any important decision, to live our truth, serve those who need our help and simply live in the mode of gratitude and acceptance.

The very act of directing one's attention within during Yoga asanas, and redirecting the prana (subtle lifeforce energy) through the naadis (roughly translated as energy meridians) during pranayama, along with switching between challenging and relaxing asanas, pose and counterpose (thus loosening the grip of the pattern-driven mind), opening our heart to gratitude and unconditionality of love, accepting ourselves and our body as it is, surrendering the fruits of our actions to Divine (karma yoga), avoiding violence in any way, including food obtained through violence (meat and dairy products), etc – all of these aspects are crucial in developing a long-term yogic lifestyle which brings about the true rewards of the ancient science of yoga.

Unity of the individual consciousness with the universal consciousness is just a concept of the mind until one actually goes through deep inner experiences of endless silence and expansion in love and consciousness, experiences so vast they cannot be turned into words nor compared to anything. Mohanji, my greatest inspiration in life, usually says: "Let my presence speak louder than my words." That is it. The one who is dissolved in consciousness and no longer functions from the level of ego radiates and lives the very unity that yoga represents. In the presence of such a person, love awakens in the heart, enormous grace descends upon us and a huge transformation takes place, especially when one consciously chooses to be of service to others and express love. Without that conscious choice of love over our own greed and slavery to seeming limitations reflected in attachment to comfort zones, there is no real opening to the higher consciousness.

With increasing cases of stress & depression among individuals, how can one undergo unique deep inner processes in order to tap into the deepest of pain and rise above it through yoga practice?

It is important to point out that through regular yoga practice our automatic stress reaction pattern gets changed and actual re-wiring takes place in the brain. Our consistent effort during yoga practice in remaining calm and focused on the breath instead of the discomfort is what creates the greatest neurobiological effect of Yoga! The secret to why Yoga works is in its challenging postures, not in the relaxing ones. Training ourselves to remain calm during challenging positions and then diving deep into a relaxed state after such positions is what really makes the difference. Through an intentional sequence of exertion and conscious deep relaxation, as well as through different forms of discomfort in Yoga (e.g. twists, flexing and stretching of the muscles, inability to breathe freely in challenging positions, etc.) followed by blissful relaxation, what actually happens within amounts to the retraining of the automatic stress response in the nervous system so that the brain stops with prolonged fight or flight response to stressful situations. In other words, we are no longer held in the clutches of our limbic brain.

In other words, our brain does not discriminate between a challenging asana, running away from a barking dog, or the pressure of passing an exam or finishing an impossible report within a tight deadline. The physiological response will be the same and the brain regions involved will be the same. The muscles will get tense, the breathing rate will increase, the heart rate will increase, negative or anxious thoughts will come, and levels of cortisol and other stress hormones will increase.

However, if yogic techniques of focusing on the breath and not the discomfort, activation of the witnessing aspect of the mind (sakshi bhaav), a conscious relaxation of facial muscles, use of Ujjayi breath to slow down the breathing, a complete focus on the here and now, affirmation of the lightness of the body, etc. are used, with a certain period of training and reinforcement of this response to what our brain identifies as stress during Yoga practice, one is empowered to apply the same techniques in everyday life during all stressful situations and circumstances.

It is fascinating that the process indeed works both ways and that through breath and awareness, we can work on our mind and body. We just need to understand that the brain's habit of automatically invoking the stress response is nothing but a habit reinforced through time, and like all our habits, this one too can be changed – if one assumes direct responsibility and commits to a regular yogic practice.

According to you what are the key essentials of practicing yoga?

Yoga is not just a practice, but a way of life. Aside from asanas and pranayama, it includes a sattvic diet, positive thinking, spiritual study, healthy relationships, silent meditation, and selfless service. Chanting of ancient mantras in the Sanskrit language which has a vertical vibration and profound effect on the body-mind system is of great help.

In my view, yoga needs to become a lifestyle that brings one into balance, lightness, love, and gratitude. In the present day of Kali Yuga, most people are leading a 'bhogi' life. A bhogi chases happiness in possessions, roles, status, and all outer achievements that gratify his/her sense of 'I' and mine. He (or she) engages himself endlessly in competing for space, position, and material resources. His actions gradually entangle him in a web of greed, ego, and attachment. A bhogi ultimately becomes a 'rogi' – physically, mentally, morally, and spiritually unhealthy. Whether we want to be a Yogi, Bhogi, or Rogi is a matter of choice.

Health is not just the absence of disease but a state of wellness in which one enjoys physical, mental, social, and spiritual health. Most diseases today are psychosomatic, caused by negative emotions, overload of stimuli and information through electronic media, as well as the overall speed of life. Negative impressions stored in the system adversely influence any individual's attitude, outlook, dietary habits, relationships, and behavior. As a consequence, norms of physical and mental health are violated. When the body's tolerance limit is crossed by repeated violations, disease sets in.

A yogic lifestyle doesn't mean renunciation or shedding family responsibilities. A yogi is empowered to maintain his mental equilibrium even in adverse situations. He is naturally free from addictions and unhealthy habits. A yogi celebrates the spirit of love through a very deep and authentic spiritual connection with others and Mother Nature.

All in all, Yoga sets a strong, solid Satvvic base for our full spiritual blossoming, which, if in line with our individual karmic agenda, leads us to the ultimate unity with the Absolute while in the body. Aside from numerous benefits at the physical, emotional, and mental levels, the consistent practice of Yoga leads to self-knowledge, i.e. knowledge of the truth of our being, considering one's true self as an immortal soul having an eternal relationship with the Supreme Soul. With purity of intention and diligence in practice, through Yoga, the ancient promise of Unity is sure to get fulfilled.

You are the Global Ambassador for Mohanji Foundation, Global President of ACT Foundation, an internationally active charity, and Director & Senior Faculty (E-RYT 200) of the Himalayan School of Traditional Yoga (HSTY). Please elaborate on the aim of Mohanji Foundation and how far have you been successful in its purpose.

I play many roles within our spiritual platform, as you have mentioned in your question, but I am not defined by any of them. The main slogan of Mohanji Foundation is "adding value to humanity", wherever we may be (and we travel a lot).

I met Mohanji in Dubai in 2007 and from that moment a whole new life had begun, a life that continues to write novels. In my natal chart, Jupiter is in the house of marriage and that is why it was simply given to me to have my ultimate spiritual guide (Guru) for a husband. With Mohanji I learned what it means to live in the present moment and let the path be formed in front of our feet as we walk.

I have no monthly salary or savings, nor do I have anything that is guaranteed in my life, which is exactly what the mind would like. I let myself go completely and while being in the present I do my best to live the spiritual teachings and the truth that we teach. In short, it is an experiential spirituality with an emphasis on selflessness, spiritual practice (meditation, yoga), charity work, and assuming responsibility for everything that happens to us, while nourishing gratitude through all experiences, pleasant and unpleasant.

Mohanji Foundation is now present in more than 90 countries, while our charity ACT Foundation is present in 26 countries, with active, dedicated teams of selfless volunteers on the ground. The very fact that the growth has been organic and volunteer-driven speaks volumes about the purity of intention behind these platforms and Mohanji's ability to inspire others through his own example and the immense love that he radiates. Both of us work much more than before when we were in the corporate world, but would never think of going back to it. When a higher purpose takes over, one's dharma (sacred duty) starts becoming stronger than karma and nothing feels difficult. One simply flows.

The spiritual path to which Mohanji and I belong is like a flowing river. It naturally attracts those souls which are ready to recognize it at the given moment. We deal with numbers, neither on the programs and meditations nor in general. I have never seen Mohanji disappointed because the number of people who attended a programme was less than expected. He has no expectations and that is what he's teaching us as well. Only when we become aware of that, do we see how much our mind loves nurturing expectations, disappointments, gossip, blaming others for those disappointments, etc. Whoever was supposed to come, they came. That's how it's been since the beginning. This is the path of pathlessness, without big rules and routines, uniforms, or titles. This is the path of fire that burns all our limiting beliefs, fears, and ego trips, so it's not very comfortable and it's not given to everyone.

But it's wonderful witnessing what one becomes after one starts walking this path. I have personally seen many transformations in people and new ways in which Mohanji (who for me isn't just my husband or a person, but pure consciousness) brings people into situations through which they overcome their own barriers and start breathing in completely new energy and potential. Through volunteering, the Mohanji platform provides everyone with the possibility to approach that fire that transforms them and raises them to the higher frequency on which all that's unnecessary falls off. That is why we often say: "It's not about what someone gained on these programmes, but about what they lost", i.e. what they got liberated from because this is the path of spiritual liberation.

Share input on your daily routine. How do you like to kick-start your day?

When I am in my routine and not traveling, I practice Consciousness Kriya by Mohanji around 5 am (the precious, golden time between 3 am and 6 am should be used for one's deep spiritual practice), yoga around 6 am (which includes gazing at the rising sun if possible) and then I start my day.

What type of diet do you follow or one should follow a yoga routine? What foods to include and avoid?

I follow a sattvic (balanced) vegan diet. Since 2001, I first gave up on red meat, then white meat, then seafood, eggs, and finally dairy products. This was my journey, which went hand in hand with yoga practice and increase in subtlety. I generally aim to wake up before sunrise, and first drink warm water with a bit of lemon or lime. I eat only after 9 am and stop eating after sunset. I don't eat fruits after solid food, don't drink cold water (only room temperature or warm), and twice a year I do Neera Detox Diet (by Madam Bal from Switzerland) which I really enjoy because it is so liberating to eat nothing for ten days (only a certain syrup is taken with water and lemon) and never feel hungry.

You have been a part of Women empowerment talks? According to you how far have you been successful in your purpose?

Yes, I have invested my heart into many women's empowerment talks and wove the depth of that subject into my autobiography as well. I believe in the importance of the revival of the ancient women's circles and a true understanding of the importance of respecting and nurturing the sacred feminine and sacred masculine principles in all human beings. This is a deep subject that we explore every year through a Womanhood Festival, a truly fantastic event by the women, for the women (www.womanhoodfestival.com) that a couple of us ladies started with utmost love and dedication.

We live in a time when the role of a woman becomes crucial for peace and stability. A woman is the spine of the family and a true anchor of peace. Without true honoring of women in any society, without recognition of the divine quality of the very principle of motherhood (which need not always be physical but can also be the attitude of selflessness and caring towards all who are in need of support and nurturing), there is no lasting peace and stability in our world. This is something I believe in and this is why I give such great importance to women's empowerment at this point in time when the rusty structures of patriarchal society indeed are crumbling down. The role and value of the woman are now being redefined, not as per patriarchal society's norms (through which women's emancipation often turned into women's masculinization), but by true values rooted in recognition of the sacred feminine principle.

How can beginners try to attain inner peace? According to you what is a peaceful state of mind? How can one know they are progressing in the right direction?

Witnessing is the first step. To beginners I recommend focusing on the central axis through breath (that is, breathing up and down the spine), especially if one can do that out in nature, leaning on a tree. This simple method is super powerful and leads to inner peace and great strength. A peaceful state of mind is easy to recognize by a drastic reduction of thoughts per second. Instead of fighting the mind to reduce the number of thoughts, one just needs to observe the thoughts and focus on the breath. However, when one performs any act of selfless service and then sits to meditate, it becomes evident just how amazing karma yoga truly is – as the heart expands, higher purpose brings inner fulfillment and unnecessary thoughts disappear. As always, love is the answer – and ultimately, only love is real. When our life is filled with unconditional love, we know we are progressing in the right direction.

What Pain management techniques women should follow in their daily life?

If we recognize pain as a great teacher, its higher meaning is revealed to us. All pain can be healed or transcended. I spoke on this topic in depth in my autobiography “Home for a Refugee“ which is available on Amazon and Kindle. I never use painkillers or any allopathic medicine because I do believe that shoving something under the carpet will not resolve anything. In specific terms with regards to pain management, aside from homeopathy, I choose energy work called Mai-Tri Method for deeper clearing of blockages that hide behind pain at a physical, emotional, mental, and spiritual level.

What motivational quote do you live by?

“*One of the highest signs of human refinement is total selflessness. It takes selflessness to experience perpetual contentment.*”

– this is my favourite quote by Mohanji. It says everything. When we naturally start giving like a cup that overflows, we start living a life of fulfillment.

Beauty Tip

Don't cut or manipulate cuticles. Whether you have your nails professionally groomed or do them yourself, the No. 1 recommendation is to leave your cuticles alone. The cuticle is the natural barrier to fungus and bacteria -- and once you breach that, protection is lost. This will not only make cuticles look worse -- red, swollen, and ragged -- but may also land you a nasty infection that harms the nail bed and leads to permanent nail damage. And while cutting cuticles holds the most potential for harm, pushing them back can cause problems as well.

IV Therapy

For Healthy Glowing Skin

Intravenous (IV) therapy for the skin involves the administration of vitamins, minerals, and other nutrients directly into the bloodstream through an IV drip. The goal of this therapy is to provide the body with the necessary nutrients to promote healthy skin and reduce the signs of aging. IV therapy is so effective since it goes directly into our cells.

Eligible Candidates for IV Therapy for Skin:

- ❍ Individuals with vitamin deficiencies or other nutrient deficiencies
- ❍ Individuals with skin conditions such as acne, eczema, and psoriasis
- ❍ Individuals who want to improve their overall skin health and appearance
- ❍ Athletes and people who engage in intense physical activity
- ❍ Individuals with chronic fatigue or immune system issues

Benefits of IV Therapy for Skin:

- ❍ Improves skin texture, tone, and elasticity
- ❍ Increases skin hydration and moisture retention
- ❍ Boosts collagen production for firmer skin
- ❍ Helps to reduce inflammation in the skin
- ❍ Can provide a quick energy boost

[illegible]

The vitamins and nutrients in the IV solution are delivered directly into the bloodstream, bypassing the digestive system, which can lead to better absorption and utilization of the nutrients. Some of the key nutrients used in IV therapy for skin include vitamin C, vitamin B complex, glutathione, and collagen. These nutrients help to promote skin health by boosting collagen production, reducing inflammation, and providing antioxidants to protect the skin from damage. The result is healthier, more youthful-looking skin.

[illegible]

Vitamin C: This powerful antioxidant helps to protect the skin from damage caused by free radicals, which can lead to premature aging. Vitamin C also helps to boost collagen production, which can improve skin texture, tone, and elasticity.

Vitamin B Complex: B vitamins are essential for healthy skin, and deficiencies can lead to dryness, flakiness, and other skin issues. The B vitamins help to promote healthy skin by improving circulation and reducing inflammation.

Glutathione: This powerful antioxidant helps to protect the skin from damage caused by environmental toxins and other stressors. Glutathione also helps to brighten the skin by reducing the appearance of dark spots and hyperpigmentation. Glutathione is a very effective for a skin glow when used in high doses at least once a week. Glutathione is used in many IV infusions clinics to help with a skin glow

Collagen: Collagen is a protein that is essential for healthy skin, and IV therapy can provide a boost of this important nutrient. Collagen helps to improve skin elasticity and reduce the appearance of fine lines and wrinkles.

These vitamins can be used in combination or individually in IV therapy for skin to provide a customized treatment plan based on individual needs. Vitamins are usually more effective when they work together since they are a co-enzymes and work together to achieve optimal results

Hazards of IV Therapy for Skin

- Potential for infection at the IV insertion site is a VERY LOW risk when done by a medical professional since the IV is in for a short time
- Allergic reactions to the IV solution
- Electrolyte imbalances if the IV solution is not properly balanced
- If the IV is given to someone who would have a medical contraindication to IV fluids

Overall, IV therapy can be an effective way to improve skin health, but it's important to consult with a qualified medical professional to determine if this treatment is right for you and to ensure that it is administered safely and effectively.

Credit: Bracha Banayan, FNP
Ceo and founder of IVDRIPS

MOTHER'S DAY SPECIAL

5 HEALTHY Mother's Day Party Snacks

By Dr. Priya Khorana

Surprise your mother with these healthy snacks on the 14th of May celebrated as Mother's Day. Join her with the family and loved ones.

Four Ingredient Hummus Dip

A scrumptious, satisfying, and healthy hummus should be a party staple. This recipe is super simple – garbanzo beans (Chickpeas), extra virgin olive oil, garlic, and a pinch of salt (with optional chili flakes) all blended up. To boost the nutritious value, I pair my super simple recipe with fresh baby carrots or cucumber sticks.

20-minute Oven Baked Vegetable Chips

Thinly sliced beetroot, sweet potato, and carrots make for a fun, tasty and healthy substitution to potato chips. I toss my sliced vegetables with olive oil, salt & pepper and bake them in the oven at 400 degree F for approx. 20 minutes. I flip them over halfway to ensure both sides are evenly crispy and golden brown. Serve these with a side of ketchup for a wonderful party snack.

Crunchy Cheesy Chickpeas

I drain and rinse a can of unsalted chickpeas and make sure to pat them all dry before I cook these to perfection. Into my skillet pan, I add a small amount of ghee (or oil) and stir in the chickpeas cooking them for about 15 minutes or so. Once they are cooked, I transfer them to a bowl where I sprinkle freshly grated Parmesan cheese, garlic powder, salt & pepper and occasionally a dusting of cumin. They are a surefire hit with children & grownups alike!

Mini Greek-yogurt Parfaits

Small espresso glasses make for the perfect vessel for these mouth-watering mini Greek yogurt parfaits. I add (unsweetened) Greek yogurt to fill the glasses 3/4 of the way. In a blender, I blend Greek yogurt and strawberries with a drizzle of (ethical) honey. I fill the rest of the glasses with this flavored yogurt. To finish the look, I top the glass with a sliced strawberry and serve it cold. The perfect party dessert.

Freshly Squeezed Blueberry Lemonade

A cool & refreshing drink to sip on whilst enjoying all the creative, fun party snacks! To make homemade lemonade, first warm the water and a little raw honey in a pot or saucepan over medium heat. Stir until the honey is dissolved and then remove from the heat. It should take about a minute. This is your simple honey syrup (as opposed to a simple syrup with white sugar). I, then add fresh blueberries to a saucepan and heat over medium-high heat. I want the blueberries to break down and release their juices. They'll also become a darker color in the process. Then, transfer the cooked blueberries to a fine mesh sieve and press through to get strained blueberry juice. Add 1/4 cup of the juice to the bottom of a glass, followed by our fresh lemonade, and then add some ice cubes to finish it off.

Happy Mother's Day!

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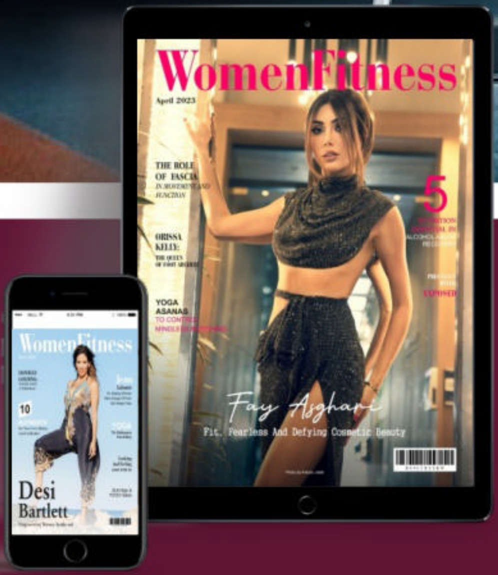
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